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## Assessment of the adjustment pattern among the 1<sup>st</sup> year B.Sc., nursing students at college of nursing, Tirupathi, AP.

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### Abstract

The process of adjustment starts right from the birth of the child and continuous till the death. Man is a social animal not only adapts to physical demands but he also adjusts social pressures. Adolescent faces many adjustment problems in physically, psychologically and socially. A descriptive design was adopted to assess the adjustment pattern among the B.Sc nursing students and 30 samples were selected by random sampling technique. The sample consists 15 boys and 15 girls and data was collected by using adjustment inventory questions consisting in the area of home, health, submissive ness – self assertion, emotionality, hostility-friendliness and masculinity-femininity. The results of the study revealed that, girls had more adjustment problems then the boys. Analysis revealed that there was a significant difference between the boys and girls in the adjustment level in emotionality. Conducting counselling session regularly help to identify adjustment problems and develop problem solving skills among the B.Sc (n) students.

**Keywords:** adjustment, adolescent

### Introduction

The process of adjustment starts from right the birth of the child and continuous till the death. The concept of adjustment as old as human race on earth, systematic emergence of this concept starts from Darwin. In those days the concept was purely biological and he used the term adaptation. The adaptability to environment hazard goes in increasing as we proceed to the phylogenetics scale from the lower extreme to the higher extreme of life. Man is a social animal not only adapts to physical demands but he also adjust to social pressure. The term adjustment is ordinarily takes as a smoothly functioning adaptation to some aspects or aspects of individual's environment According to oxford (2005), the process of adjusting to an environment in such a way that maximal benefit may be obtained from it, or at least in such way that life may be continued in a reasonably productive manner. adjustment indicate how well a particular individual has been able to cope with himself and with the environment in and around him. A person is considered to be well adjusted, if he accepts himself and the way of life he has to follow without getting into trouble. Poor adjustment implies inadequate adaptation and frequently implies also a degree of association friction, tension or emotional disturbances. Cosmides (2003) stated, adaptive behaviour is the response by which the whole person copes with internal and external environment stimuli.

### Need for the study

Adolescence has certain characteristics that distinguish it from the periods that proceed it and the period that will follow it. Therefore it is an important period, transition period, it is a period of change, it is a problem age, it is a time of search for identity, it is a dreaded age, is a time of unrealism, is the threshold of adulthood. Youth is the treasure and promise of the future in any society. Adolescents comprise 20% of the population 18% of whom lie in developing countries. According to YRSR Mamatha Health for Mother and child (2005) in India adolescents populations about 200 million consisting about 1/5<sup>th</sup> of countries total population. So adolescents are the important source of country. They have to successfully pass the way to adulthood on their way. They may face troubles due to lack of their own physical and psychological development. Today adolescents face complex adjustment

problem. In most families, adolescents have many problems with their parents, friends, education, career and marriage so they need more attention and these problems to be solved. As the BSc nursing 1<sup>st</sup> year students were in their transition period and they are coming from different backgrounds we should adjust to many areas such as a physical environment health friends teachers, studies etc. so the researcher felt the need to assess their adjustment problem

### Objectives

- To assess the adjustment problem among the 1<sup>st</sup> year B.Sc., (N) students.
- To assess the level of adjustment in various areas such as home, Health, emotionality, submissiveness – self assertion, hostility-friendliness and masculinity-femininity among the 1<sup>st</sup> year B.Sc., (N) students.
- To compare the adjustment pattern between the boys and girls of 1<sup>st</sup> year B.Sc., (N) students.

**Sample:** The study sample chosen was 1<sup>st</sup> year BSc nursing students.

**Sampling technique:** Random sampling was used.

**Tool:** Bells adjustment inventory and the structured questionnaire consists of 2 sections:

**Section -1:** It consists of socio-demographic data such as age, gender, religion, locality, occupation of the mother and father, education of the mother and father, family income, type of family, number of family members, number of children, birth order, medium of instruction in intermediate and area of present residence.

**Section -2:** It consists of Bell's adjustment inventory, used for assessing the adjustment pattern among the 1<sup>st</sup> year B.Sc., (N) students. It consists of 200 questions based on home adjustment, Health adjustment, submissive -self-assertion, Emotionality, Hostility – Friendliness and Masculinity -Femininity.

**Criteria for sample selection:** students who were attended the college at the time of data collection. Students who are willing to participate.

**Review literature:** Narendra Narayan Talukar and Mala Chaliha Thalukar (2008) [6], assessed "the adjustment problems of adolescent students" among 100 female students (16-19 years) in the areas namely home, health, social, emotionality and education. Overall adjustment of male students was found to be better than female students, social adjustment was average in both groups. The results revealed that unsatisfactory adjustment of female adolescents in different areas under study. Emotional adjustment of both the groups was unsatisfactory.

Conducted a study on "Adjustment problems and emerging personality characteristics from early to late adolescents" a longitudinal study taken among 400 youth results suggested that psychological distress and behavioural problems experienced during the adolescent year significantly related to personality structure during late adolescent. Findings suggest personality formation is a dynamic process depend on the growth or declined, as well as the magnitude of earlier developmental problems. Intervention efforts aimed

at the reduction of maladjustment and the enhancement of healthy personality development. Should target early adolescent social, contexts.

Conducted a longitudinal study on "Relationship between early adolescent family functioning and youth adjustment" parent, teacher and youth reports of psychological functioning were obtained were ages 11 and 17 the study concluded small descriptions to the parent child relationship have negative implications for the later wellbeing of adolescents so clinical attention for resolving early adolescent concept may promote adoptive adjustment.

Branje *et al.*, (2004) [9] studied on perceived support in sibling relationship and adolescent adjustment in a three wave longitudinal sample of 285 Dutch families adolescent children were taken. These two siblings judged the support perceived each other they themselves judged them internalizing and externalizing problem behaviours. The results showed that support perceived from a sibling is mostly negatively related to externalizing problems sibling problem behaviour is strongly related to internalizing problems different development trajectories of adolescents relationship both older and younger modelling processes.

Identified "The adjustment pattern and psychosocial distress among the B.Sc., (N) students of a selected college of nursing in Mangalore. It was found that among the four batches maximum number of B.Sc. nursing students had average adjustment in the health and professional areas and unsatisfactory adjustment in emotional area. Major of I and II year students had unsatisfactory adjustment in the area of education. Psychological distress among the students was found to be normal among 58%, 29% showed neurotic tendency and 15% were found to be emotionally stable and well balanced.

Sinha and Kapur (2001) [10] investigated the pattern and prevalence of emotional disturbance in Indian adolescent boys. A sample of 685 students was screened at two levels with the help of general health questionnaire and youth self-report respectively. Results revealed a prevalence rate of 5.69 % for emotional disturbance among adolescent boys. These emotionally disturbed adolescent boys had significant adjustment problems in the area of school, peer and the teacher on pre Adolescent Adjustment scale and were less competent in the area of academics, peer popularity, affiliation and extra-curricular or sporting qualities on interpersonal competence scale-Teacher report. The researcher identified the need for a gender unbiased sensitivity among professionals in identifying emotional problem of adolescent boys.

**Procedure for data collection:** A formal written permission was obtained from Dean, Principal of College of Nursing to conduct the study. Investigator introduced herself to the students of 1<sup>st</sup> year B.Sc., Nursing students and explained the significance of the study. Data was collected from the students who are willing to participate in the study. Total 30 students were given the questionnaire, each student approximately taken 50-60 minutes to answer the questionnaire. Meanings of the words which are difficult were answered by the researcher.

**Reliability of tool:** the coefficient of reliability for each of the 6 sections of the inventory were done. These were determined by correlating the odd-even items and applying

the spearman – Brown prophecy formula. All coefficients are above 0.80.

**Table 1:** Percentage distribution of demographic variables

Demographic variables		Frequency (f)	Percentage (%)
Age	17 years	2	7%
	18 years	20	67
	19 years	7	23%
	21 years	1	3%
Gender	Male	15	50%
	Female	15	50%
Religion	Hindu	26	87%
	Muslim	3	10%
	Christian	1	3%
Locality	Rural	16	53%
	Urban	10	33%
Occupation (Mother)	House wife	22	73%
	Labour	3	10%
	Employee	5	17%
Occupation (Father)	Labour	17	57%
	Business	6	20%
	Employee	7	23%
Education of mother	Illiterate	11	37%
	Primary school	5	17%
	Secondary school	9	30%
	Higher secondary	3	10%
	Degree and above	2	6%
Education of Father	Illiterate	3	10%
	Primary school	6	20%
	Secondary school	13	44%
	Higher secondary	4	13%
	Degree and above	4	13%
Family income (PA)	Less than 30,000	20	67%
	30,000-60,000	2	7%
	60,000-90,000	1	3%
	>90,000	4	13%
Type of Family	Joint	1	3%
	Nuclear	29	97%
No. of Family members	3	2	7%
	4	13	43%
	5	10	33%
	6	3	10%
	7 and above	2	7%
No. of Children in the family	1	1	3%
	2	16	53%
	3	8	27%
	4	5	17%
Birth order	1	14	47%
	2	11	37%
	3	5	16%
Medium of Instrument in Intermediate	English	16	53%
	Telugu	14	47%
Area of present Residence	Home	6	20%
	Hostel	19	63%
	Relative Home	5	17%

**Table 2:** Frequency and percentage distribution of level of adjustment in home, health, emotionality, submissiveness –self assertion, hostility-friendliness and Masculinity -Feminity (N=30)

Home Adjustment	Excellent		Good		Average		Poor		Unsatisfactory	
	(f)	(p)	(f)	(p)	(f)	(p)	(f)	(p)	(f)	(p)
Home Adjustment	0	0%	0	0%	8	26%	11	37%	11	37%
Health Adjustment	0	0%	0	3%	12	40%	10	33%	7	24%
Emotionality	0	0%	0	0%	8	27%	10	33%	12	40%
Submissiveness and self assertion	Very Assertive		Assertive		Average		Submissive		Very submissive	
	0	0%	0	0%	16	53%	12	40%	2	7%
Hostility-friendliness	Very friendly		friendly		average		Somewhat critical		Hostile	
	0	0%	0	0%	3	10%	9	30%	18	60%
Masculinity-feminity	Strongly feminine		Feminine		Average		Masculine		Strongly masculine	
	5	17%	8	27%	3	10%	1	3%	13	43%

**Table 3:** Comparison of adjustment among girls and boys regarding home, health, submissiveness – self assertion, emotionality and hostility- friendliness (n=30)

Area	Gender	Mean	Standard Deviation	Statistic Value	T-Value at 0.05
Home adjustment	Girls	13.9	14.2	0.48	Not significant
	Boys	14.7	13.3		
Health adjustment	Girls	12	15.8	1.44	Not significant
	Boys	10	12.5		
Submissiveness- Self assertion	Girls	16.8	10.2	0.49	Not significant
	Boys	17.2	10.1		
Emotionality	Girls	21.1	17.1	4.78	significant
	Boys	13.3	16.3		
Hostility friendliness	Girls	16.9	14.5	0.21	Not significant
	Boys	17.2	14.2		

**Discussion:** The present study was conducted to assess the adjustment pattern among the 1<sup>st</sup> year BSc Nursing, college of nursing, Tirupathi. the finding of the study has been discussed based on the objectives of the study.

The first objective of the study was to assess the adjustment problems among the 1<sup>st</sup> year BSc nursing students almost all the students had adjustment problems in one or other area. The result was the present study was supported by the earlier study conducted by the anthony *et al.* 2005 on the adjustment problem in Bangalore city under 10-18 age group the study found 90% of the adolescents were having adjustment problems.

The second objective is to assess the adjustment pattern in various areas. The areas assessed were home, health, submissiveness, self-assertion, emotionality, hostility, friendliness, and masculinity – femininity. the study was found out of 30 students in home adjustment 26% (8) were average adjustment, 37% (4) were poor in adjusted 37% (11) unsatisfactory in home adjustment. In health adjustment 3% (1) was having good health 40% (12) were having average health. In submissiveness- self-assertion 40% (12) were submissive, 7% (2) were very submissive, 53% (66) were average submissive self-assertion. In emotional adjustment 27% (8) were having average emotional adjustment, 33% (10) were poor emotionality, 40% (12) were unsatisfactory emotionality. regarding the hostility and friendliness 10% (3) were average in friendliness 30% (9) were some what critical, 60% (18) were hostile. In masculine and femininity 17% (5) were strongly feminine, 27% (8) were feminine 10% (3) were average 3% (1) were masculine, 43% (13) were strongly masculine the result of the present study was supported by the earlier study conducted by the letha geasales (2001), to identify the adjustment pattern and psychosocial distress among the B.sc nursing students of a selected college of nursing Mangalore. It was found that among the 4 batches maximum number of B.sc nursing students had average adjustment in the health and professional areas and unsatisfactory adjustment in the emotional area.

The third objective was to compare adjustment pattern between the boys and girls. The study found that there was a significant difference between boys and girls on the over all adjustment pattern, compare to boys, girls having more adjustment problems. The study also found there was no significant difference between boys and girls in the area of home, health, adjustment submissiveness – self assertion, hostility – friendliness. But there was a significant difference between girls and boys emotionality: girls are having more emotional problems than boys. The result of the present study was supported by the previous study conducted by narendra Narayan talukar and mala chaliha

talukar (2008) [6], to assess the adjustment problem of adolescents students. The study was conducted 100 male and 100 female students. Between age group of 16- 19 years. The results showed that the over all adjustment of male students was found to batter than female students.

### Summary

The process of adjustment starts right from the birth of the child and continuous till the death. Man is a social animal not only adapts to physical demands but he also adjusts social pressures. In the period of transition from childhood to adulthood, dependence to independence, projection to self direction and self determination. Adolescent faces many adjustment problems in physically, psychologically and socially. Youth is the treasure and promise of the future in any society so they need more attention and these problems are to be solved.

### Recommendations

- Counselling sessions to solve the adolescent adjustment problems.
- The study can be replied with a larger population.
- Similar studies can be conducted on a larger scale
- A follow up study may be conducted to assess the adjustment level after the counselling.

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